# AMRITA 2023

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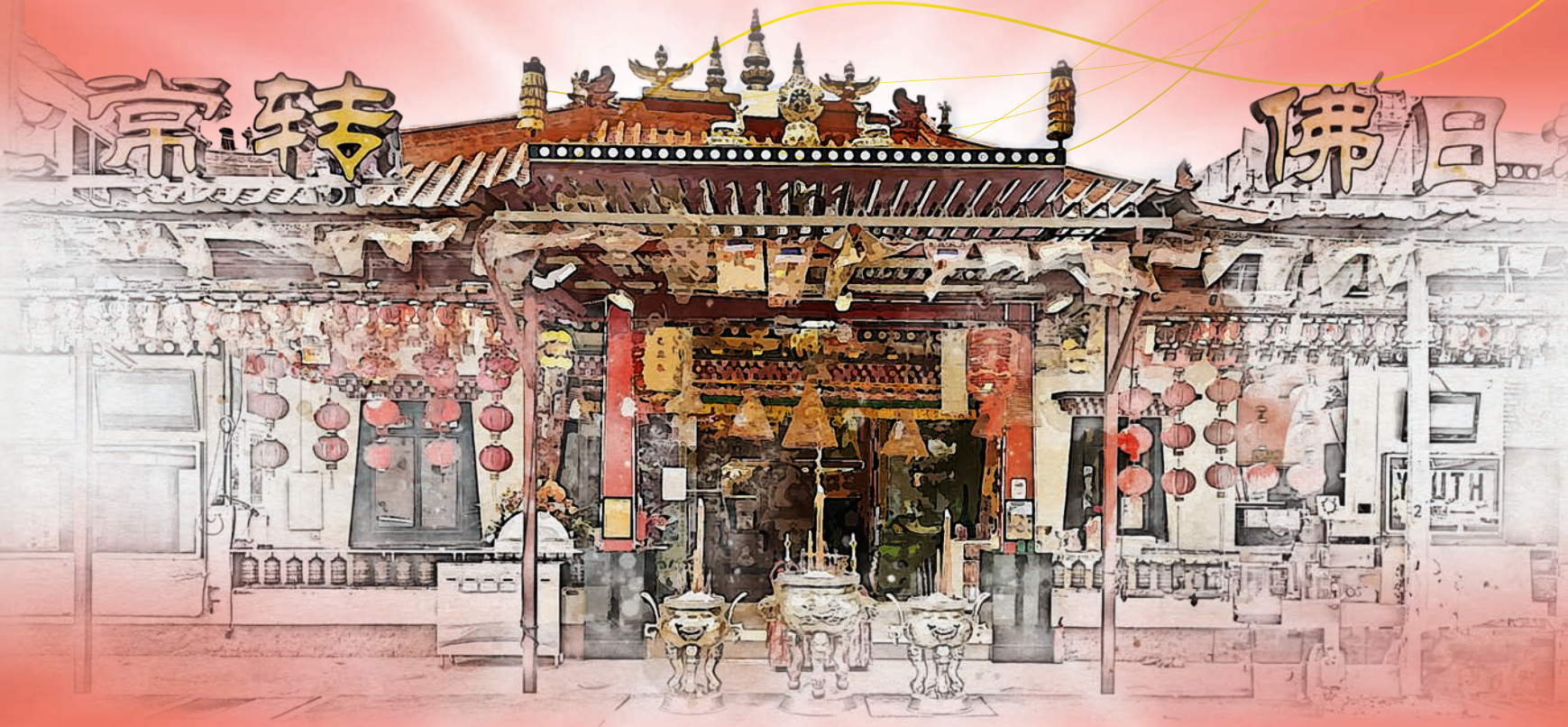

## The Thekchen HeartBeat

## 大乘心脉

新加坡大乘禅寺
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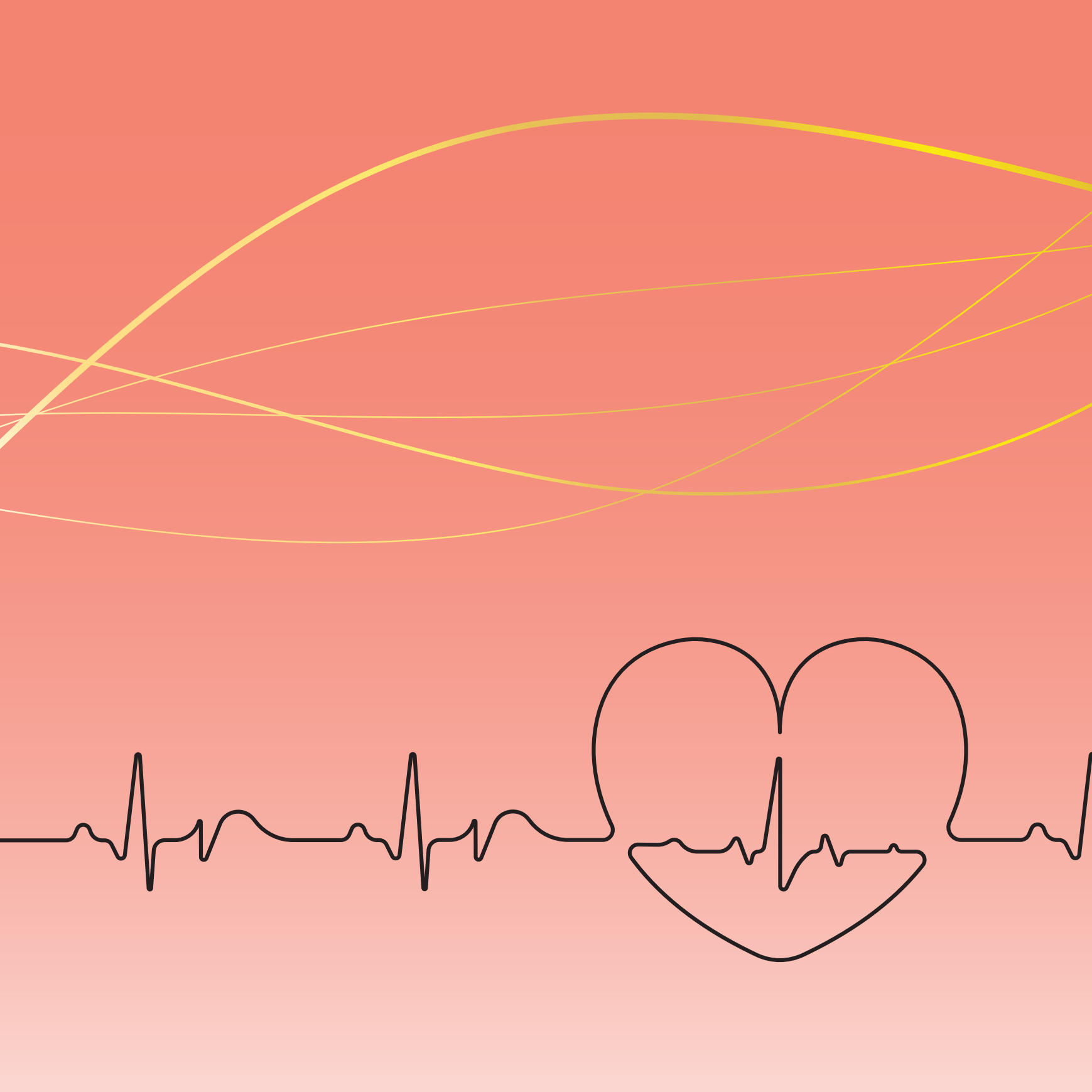

# The Thekchen HeartBeat

# 大乘心脉

# Editors' notes
# 编者的话

Having fully emerged from the COVID-19 pandemic, people are once again coming together to enjoy various social gatherings as we move forward from the difficulties that have struck us hard in the past few years. Lots of new plans forward have been made – dreams that have been set aside for the pandemic, career transitions, events that have been cancelled – everything is now back in full swing once again. This includes Thekchen Choling Singapore's plans to create a long-lasting legacy.

The importance of human connections and working together as one big family has never been felt more deeply, as we come together as one humanity to strive for the benefit of others through our best selves. Thus, this year's theme for Amrita is centred around the strength of teamwork and community, to be of one "Thekchen Heartbeat".

Just as Thekchen Choling Singapore has great plans to evolve itself to suit future needs, so has Amrita and the team. To highlight and showcase the people who possess the "Thekchen Heartbeat", who have made, are making and will continue to make Thekchen Choling Singapore a legacy worth leaving behind, Amrita has changed its format. With fewer words and more pictures, we can truly celebrate what it means to have the "Thekchen Heartbeat".

As one Thekchen Heartbeat, we are working towards a renewed vision of the temple, an expansion of this sacred mandala space that we hold very dearly in our hearts. Let us come together to support one another on this journey towards the Temple Expansion Project!

As always, we would like to thank the following people who have made Amrita 2023 possible. Without whom, this yearbook would not have come into fruition:

**Writers**:
Joel Liew, Toh Sue Anne, Christina Choh

**Translators:**
Neo Mui Hwa, Felicia Wong, Gene Yap

**Editors:**
Wong Wai Foong, Alexandra Pang, Leong Jia En

我们从COVID-19 冠病疫情中完全复苏后，人们走出了这几年中所遭受的重创，再次热衷地参与各种社交聚会。新的开始，新的计划，受疫情所耽误的各种梦想都在重新起航，被转换的职业跑道，被取消的各种活动，都在很大的程度上回归往常。这当中，也包括新加坡大乘禅寺要给后世留下恒久瑰宝的计划。

当我们重新聚首，为自身的修善及他人的安乐而共同努力时，无不深切体会人缘人脉及互爱互助在间中所发挥的更甚以往的重要性。因此，今年《法露》年刊以“大乘心脉”为主题，带出团队合作与社区精神的故事。

目前，新加坡大乘禅寺正在进行蜕变，共谋大策以应对未来之需，而《法露》团队也是如此。为了展现让“大乘心脉”继续跳动的所有人，与他们为了将寺院打造为传世瑰宝的所献出及正在献出的努力，《法露》进行了一番转型，力求以图茂文简，意韵丰富的方式呈现“大乘脉动”的精神风采。

紧扣大乘脉动，让我们共同实现崭新的道场，扩展心中最圣妙的诸佛坛城。请与我们携手同心，为重修寺院的历程写下壮丽的篇章！

一如既往，我们谨在此感谢以下促成《法露2023》顺利出版的人士。承蒙诸位笔耕不辍，注入心力，方得成书：

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# CEO's Message: The Thekchen Heartbeat
# 总裁献词：大乘心脉

Dear friends,

I hope this message finds you well, and that your life is filled with serenity and love.

As we reflect on the year 2023 and look forward to the new year, my heart is filled with immense gratitude and a profound sense of purpose. Our spiritual home, Thekchen Choling Singapore, has always stood as a sanctuary of peace and compassion, a place where people from all walks of life can find solace, guidance, and transformation.

This year, our theme, "Thekchen Heartbeat," resonates with the very essence of our spiritual home. It embodies the spirit that binds us together, connecting each and every one of our hearts with the divine love for all Gurus and Buddhas. This rhythmic connection transcends time and space, echoing Buddha's timeless teachings of wisdom, compassion, and mindfulness.

Our mission and vision has remained steadfast - to 'Empower All Beings to Lead Meaningful Lives' and to 'Connect All with Divine Hearts'. In the pursuit of this noble mission, we have consistently sought to make a positive impact on our community in as many ways as possible. I am extremely grateful that you have been an integral part of this journey with us.

As we step into the new year, I extend to you a heartfelt invitation to join us in a remarkable endeavour, one filled with promise and purpose. Our theme, "Thekchen Heartbeat," goes beyond words; it is a call to action, an invitation to you to unite with us in building a legacy of Dharma that will echo through the passage of time and resonate for generations to come.

A physical temple is a sacred space that houses holy objects, showing us the very embodiment of Enlightenment. These objects possess the extraordinary power to inspire practitioners, awaken our minds, and purify the obscuration that hinders our path to Enlightenment. They are not mere symbols; they are the wellsprings of merits, the profound causes that guide us toward ultimate awakening.

Our temple at 2 Beatty Lane, is more than a place of worship; it is a living testament to the teachings of Buddhism.

So, let us breathe life into these teachings by living them in our daily lives.

Let us collectively construct and present our temple as a precious gift of Dharma to future generations.

Let us be fully present, immersed in each precious moment.

Let us extend boundless compassion to all, recognising the interconnectedness of all beings.

Let us embrace change and impermanence not as adversaries but as opportunities for growth and renewal.

Let us nurture the spirit of gratitude and selflessness, for it is in giving that we receive the greatest treasures of the heart.

Let us share our blessings with others, lighting the way for those who seek guidance on this path of enlightenment.

In the spirit of Thekchen Choling Singapore, let us unite and act together. Let us build this legacy of dharma, ensuring that the heartbeat of Thekchen Choling resounds through time, touching countless lives and illuminating the path to Enlightenment.

Thank you for being an integral part of this remarkable journey. May our collective efforts bring forth peace, compassion, and wisdom to all sentient beings.

With heartfelt gratitude,

**Emmeline Ang**
Chief Executive Officer
Thekchen Choling Singapore

亲爱的朋友们，

我希望您在阅读此文时，爱在心怀，岁月静好。

当我们回首2023年，展望新的一年时，我心中生起了深深的感激之情与强烈的使命感。我们的心灵家园，新加坡大乘禅寺，依然是慈悲祥和的所在，让社会各阶层的人们得到寄托与指引，乃至人生命运的转变。

今年“大乘心脉”的主题，正体现了这个心灵家园的精神所在，将每一颗心与上师诸佛的慈爱心连接起来。正是这种凝聚，这种脉动，让我们超越时间与空间，与佛陀的慈悲、智慧、正念等亘古弥新的教法维系在一起。

我们的使命与愿景依然坚定 - “携手创造有意义的人生”，“心系慈爱心”。在实现这个伟大使命的过程中，我们竭尽所能地以多种方式在社区里扩大正面影响力。我由衷感恩，这一路上有您以我们一起同行。

在辞旧迎新之际，我诚挚邀请您与我们一同发心立愿，共同成就伟大事业。本期年刊主题“大乘心脉”的真实内涵超越文字义解，召唤我们以实际行动，齐心筑起超越时空福泽后世的佛法殿堂。

一座寺院建筑，是恭敬供养圣物的殿堂，向我们展示诸佛觉性之总集。这些圣物，能启发修行者的心智，遣除菩提道上的障碍。所以，我们不能将之视为象征物件而已，而是量福德的源泉，带领我们趋向圆满正觉的胜妙缘起物。

美智巷2号的寺宇，
不仅是敬香礼拜的场所，更是佛法的载体。
我们应通过日常的实践，让佛法活灵活现。
让我们齐心来筑起寺院，给后世佛法献礼。
让我们认真投入在当下，去珍惜每时每刻。

让我们因为众生相依存，将大悲遍及有情。
让我们不畏惧无常变数，藉机成长与蜕变。
让我们的感恩无私萌芽，从奉献得心妙宝。
让我们与他人分享福分，为同行照亮觉途。

让我们发扬新加坡大乘禅寺的精神，团结心力，付诸行动，一同创建佛法的传世伟业，确保大乘的心跳脉搏继续鼓动，感动今生来世无数生命，照亮自他通往觉醒之路。

感谢您一直以来的忠实守候。愿同心同德，给无边有情带来慈悲、智慧与安乐。

致感恩满怀，

**洪诗意**
首席执行官
新加坡大乘禅寺

# Rinpoche's Message: What Does Thekchen Choling's Existence Mean to You?

# 仁波切献词：大乘禅寺的存在意味着什么？

Dear Dharma family and friends,

For us lucky ones, another 365 days draws to a close. Knowing that everything, including this life, is impermanent, I would like for all of us to take a moment and reflect on the following question,

***"What does Thekchen Choling's existence mean to you?"***

This is an essential question that we must all ask ourselves as we move ahead with the Temple Expansion Project this year.

- Is it a physical manifestation of the Triple Gem where you seek solace and find perspective after a crazy day at work or school?
- Is it a unique community and a home away from home where you can find acceptance and in turn love and trust the people that work and volunteer along with you to practise the Dharma?
- Is it a loving environment with cultivators that you trust to empower your children with the Truth?

To many of us, Thekchen Choling is "all of the above" and more.

Our combined answers will be what continues to attract and benefit more people in the decades to come. Those of you that have received Dharma teachings will know that Buddhism is all about taking responsibility for our current and future lives. So, what are we doing now to propagate the Dharma and ensure that Thekchen Choling as our legacy continues to live on and prosper?

"You do you". Young people like to say this nowadays. Thekchen Choling is that safe space where you can be yourself. The Buddha loved all beings without exception and at Thekchen Choling, you will be accepted for who you are. Here, you can throw your hearts wide open to receive the Buddhadharma and welcome the loving kindness and wisdom teachings of the Buddha. This is not a place for blind faith. It wasn't Buddha's intention to start a religion. All he wanted to do was to share the realisations he had to benefit others. If you have benefited from the Dharma and Thekchen Choling in any way at all, you should do the same.

Now ask ourselves what we can do to help Thekchen Choling benefit others in the coming days, months and years ahead.

I sincerely hope you reflect on these questions. We are by no means perfect. Through the Truth of the Dharma, our inner effort and the continued support of each other as the Sangha or virtuous community, we will work towards the perfection of Enlightenment together. I pray that all of us at Thekchen Choling will be of one heart as we grow our inner worlds to benefit all beings and be the light for the world.

With love and prayers,

**Singha Rinpoche**
Spiritual Director
Thekchen Choling Singapore

敬爱的法亲眷属们，

对于我们这些幸运儿来说，这365天又过去了。世间的万事万物，包括此生，皆是无常。带着这样的认知，我们不妨话用片刻时间，思维以下问题：

**“大乘禅寺的存在意味着什么?”**

今年，我们正式开展寺院扩充计划，而这样的问题值得我们每个人去省思。

- 寺院是三宝总体的应化显现，是我们在忙碌的课业或职务后，能寻求安慰与见解的场所。对吗?
- 寺院这个特殊的存在，是我们在家庭以外能够得到接纳的地方。在这里，我们能从一起修持与奉献服务的同修中，得到爱与信任。对吗?
- 寺院是一个充满爱的环境，您信任这里的教育者会给孩子们授予真理的力量。对吗?

对我们许多人来说，大乘禅寺包含了“以上全部”或更多。

这些答案，将是未来的几十年里，让我们继续利益群众，广度有缘的契机。若接触过佛法，你将了解到佛教的本意就是要我们为自己的今生来世负责。那么，我们要采取怎样的行动，以确保大乘禅寺的精神继续得到发扬与传承?

“You do you”（你做你自己）现在的年轻人喜欢这样说。大乘禅寺是一个安全的地方，让你做你自己。佛陀的慈爱遍及无余有情，而无论你有怎样的背景或人生境遇，大乘禅寺都会接纳你。在这里，你能够全然放下包袱，敞开心怀地接受佛陀教法，徜徉在佛陀的爱与智慧里。这里不是宣扬迷信或盲从的地方。首先，佛陀最初的动机不是要创立宗教，而是要分享他所体悟的真理，以利益他人。若佛法或大乘禅寺给你的人生带来裨益的话，你也应该分享。

现在，我们需要思维自己在接下来的几天、几个月、几年里，能够做些什么来帮助大乘禅寺造福人群。

我衷心希望你能够思维这些问题。我们都不尽完美。仰仗三宝谛实力，及我们在僧团善友之间的发挥的互助力量，我们将一同努力趋向圆满正觉。我祈愿大乘禅寺的每一位成员能海阔心无界，作世间明灯，愈发团结向前。

致爱与祈愿，

**鑫和仁波切**
住持上师
新加坡大乘禅寺

# Heart of Bodhichitta
# 菩提心起

# Chinese New Year Celebrations
# 大乘禅寺迎新春

With the pandemic restrictions lifted this year, we had our first proper Chinese New Year celebration! Everyone's heart was full of joy as we ushered in the New Year of the Water Rabbit with the usual Dragon and Lion Dance, things we couldn't have the last few years.

We are also truly heartened by the huge turnout at the two nights' of 2023 Outlook Dialogue with Singha Rinpoche and Fengshui Master Sherwin Tng. We hoped that the session was truly beneficial. Look out for more of such future collaborations!

随着今年疫情限制的解除，我们迎来了第一个全面恢复的农历新年实体庆祝活动！过去几年所欠缺的春节气氛今年拉满。大家都以喜悦的心情，在欢腾的舞龙舞狮与锣鼓喧天中，迎接癸卯新年的到来。

更让我们感到振奋的是，由鑫和仁波切与风水大师唐健智师傅，一同举办为期两晚的展望癸卯年对话会，出席率相当踊跃。我们希望这次的对话会能让大家获益匪浅。期待未来有更多联袂活动！

ng All with
Hearts
慈爱心

# Qing Ming Festival & Ullambana Festival
# 清明法会与盂兰盛会

Our Thekchen hearts came together during the Qing Ming and Ullambana Festival to ensure that our gratitude and remembrance reached not only the dearly departed but also those who are karmically linked to us.

During Qing Ming Festival, devotees had the opportunity to send love and prayers through dedication tablets placed in our temple bearing the names of the departed. Our resident Sanghas conducted extensive prayers and made bountiful food offerings in dedication to our devotees and their loved ones.

For the Ullambana Festival, through our "Grand Auspicious Ullambana Offering" on Buddha's Joyful Day, meals and daily necessities were also offered to more than 200 Venerables from various temples. By generous offerings to the noble Sanghas on this day, one can accumulate vast merits for parents and ancestors.

This year, we made offerings to Sanghas at Thekchen Choling Singapore, Shelkar Cheode Ganden Legshedling (Nepal), Namgyal Jyangchub Choeling Monastery (Nepal) and Chuwar Gadhen Drophen Ling Monastery (Nepal).

在清明法会与盂兰盛会期间，大乘禅寺把众心凝聚在一起向逝去的亲人表达追思与感恩，也与法界有情分享我们的爱。

清明法会期间，信众们通过写牌位的方式，在这个缅怀感恩的节日期间将最爱与祈愿回向予辞世的至亲。本寺僧众也诵经礼忏，广修供养为信众与至亲祈愿。

盂兰盛会期间，我们在佛欢喜日当天举行了【盂兰吉祥大供养】，向各寺院逾200名僧众供养膳食与日用品。通过此吉祥日供养僧众的善行，可以为父母祖先累积广大的福德。

今年，我们敬献供品予新加坡大乘禅寺、协格尔寺（尼泊尔）、南嘉寺（尼泊尔）、曲瓦寺（尼泊尔）的常住僧众。

# Vesak Prayer Festival
# 大乘卫塞祈愿大法会

In line with our Vesak theme to celebrate Buddha's universal love for all beings, we expanded our efforts to bless as many animals as possible - including horses from the Riding for the Disabled Association Singapore. Animal Blessing Night also happened for the second time in a row, with Animal Communication, Bathing Buddha with Pets, and Paw Art for all furry friends to participate. It was a great success with a huge turnout on the eve of Vesak Day!

The Vesak Day family carnival was in full swing the next day, where our Thekchen hearts beat as one as we shared Buddha's love through fun and laughter, heartfelt prayers, and the annual unveiling of our wish-fulfilling Shakyamuni Buddha thangka.

为了实现佛慈遍照普欢庆的主题，我们加大力度为更多的动物加持祈福，这包括了来自新加坡残疾人骑马协会的马匹。今年，本寺也连续第二年举行“护生祈福晚会”，除了为动物祈福，更有动物交流、宠物浴佛、爪子艺术等活动供毛友们参与。看卫塞节前夕人潮涌动，这项活动可说是大获成功！

次日，卫塞节家庭嘉年华如火如荼地进行。大乘禅寺大家庭更是合心为一，让大众在欢声笑语、虔诚祈愿及一年一度的”释迦牟尼佛大唐卡”的揭幕典礼中，感受佛陀的无限慈爱。

爱的画语
Creative Art with Love

# Grand Guru Bumtsok Ceremony
# 莲师十万荟供大法会

This year's Grand Guru Bumtsog Ceremony was extra special as it was held at Thekchen Choling Melaka. There was a total of 100 onsite participants and 24 online participants. Together with Shelkar Cheode Ganden Legshedling, we accumulated a total of 107,840 Tsog Prayers!

In line with our vision to connect all with divine hearts, Thekchen Choling Melaka, along with Datok Lwee Wan Tiong and Happy Charity Association, assisted us in giving out 150 Tsog offerings, which comprised of food essentials to individuals and families in Melaka, Malaysia. We sincerely thank all sponsors and participants for enabling us to benefit so many others!

有别与往年，今年的莲师十万荟供大法会在马六甲大乘禅寺举行。到场参与的同修共计有100人，而线上参与的人数有24人。连同位于尼泊尔的协格尔寺，我们总共累积了107,840遍莲师荟供祈请文！

秉持心系慈爱心的愿景，马六甲大乘禅寺连同拿督雷远忠及快乐慈善协会，协助我们将150份荟供品，其中包括了食品和必需品等，赠送给马来西亚马六甲的居民们。我们由衷的感谢所有的赞助捐赠者以及参与者，让我们能够惠及广大民众！

# Vaidurya Healing Festival

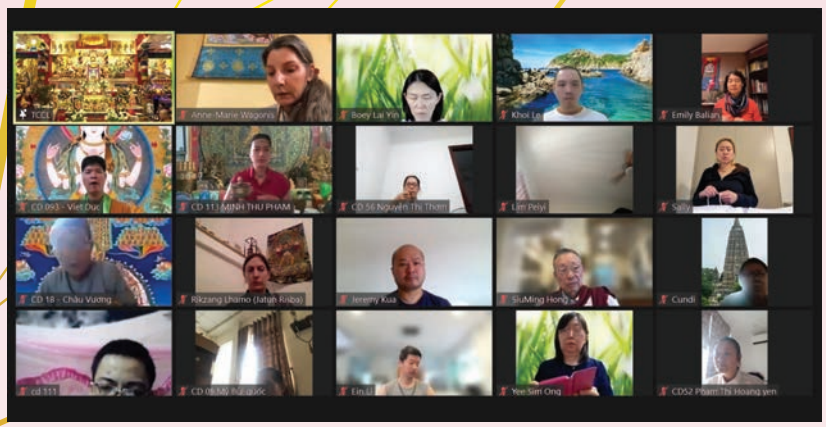
# 药师琉璃光胜会

This year's Vaidurya Healing festival had many participants actively engaging in a 49-day long Medicine Buddha practice. Participants fervently prayed for the healing of Mother Earth, with a special focus on pacifying natural disasters worldwide. Together, we amassed a total of 199,009 Seven Medicine Buddha Mantras! We rejoice in all the participants' efforts and their merits! The community was also given the opportunity to delve into the wisdom of Tibetan healing and participate in rewilding efforts, all dedicated to the healing of our inner and outer worlds.

今年的药师琉璃光盛会，许多信众都参与了49天的药师法门修持，回向大地之母的治愈，尤其祈愿世界各的自然灾害迅速平息。截至法会圆满日，参与者们一共累积了199,009 遍《药师七佛长咒》！我们万分随喜大家的精进修持与所集功德！除此，大乘社群的成员们也有机会进一步了解藏医的智慧，并亲身参与还野计划的活动，为内外世界的治愈献出己力。

EXTERNAL THERAPY

# Grand Sanctification Ceremony of Cundi
# 最胜准提吉祥成就法会



As advised by H.E. Jhado Rinpoche, Lhamo Cundi is the patron deity of Thekchen Choling. He has especially transmitted the esoteric lineage of Lhamo Cundi to our Spiritual Director Singha Rinpoche, thus establishing a direct connection between our temple and Cundi practice.

This year, our Guru Singha Rinpoche has kindly bestowed us with a special opportunity of Lhamo Cundi's initiation. Many devotees received immense blessings through this precious unbroken lineage practice. Devotees worldwide also came together for Cundi's Grand Sanctification Ceremony, making strong supplications to Cundi as a group. Throughout the entire ceremony lasting three days and two nights, Lhamo Cundi's mantra was recited continuously. Through this powerful ceremony, prayers were made for the happiness of all sentient beings, long and stable lives of our Lineage Gurus, as well as the quick fruition of all beings and their virtuous wishes.

在尊贵的查多仁波切建言下，准提佛母奉为大乘禅寺的主修本尊。他也将准提佛母的密法传承授予我们的住持鑫和仁波切。自此，本寺与准提法门已结下了甚深的因缘。

今年，上师鑫和仁波切慈悲赐予机缘，让我们受持准提佛母灌顶。许多信众都是第一次领受准提佛母的清净传承加持。来自世界各的的信众们，也聚集参与【最胜准提吉祥成就法会】，集体向准提佛母虔诚祈祷，在连续3天2夜的修持当中不断持诵《准提咒》。愿以此殊胜法会无边胜福，回向如母有情常得安乐、传承上师长寿安康、一切众生善愿成就、速证佛果。

# Heart of Wisdom
# 智慧心苗

# Dharma Junior
# 佛法儿童班

Dharma Junior lessons are thematic and tailored to the needs of each of the age groups. Despite the focus of each group being different, the backbone of the Dharma Junior programme is based on these four core values: Learning through Play, Having Friendships, Being Generous and Virtuous Friends Forever.

Here is a snapshot of some of the activities done by two of the four classes:

Elliot class – To showcase their love for one another, the teachers organised a parent-child bonding session where flower arrangements were done by children and parents wrote a love letter for their child.

Bodhi class – They grew their hearts for self and others through the outing where they went rock climbing. From this experiential learning activity, they learnt about courage and overcoming their fears. The added bonus was having fun with one another!

A special shoutout to Dharma Junior teachers, current students and graduates: we are 15 years old this year!

佛法儿童班的课程具有主题性，并根据每个年龄段的需求量身定制。尽管每个组别的侧重点不同，但佛法儿童班活动是在四个核心价值观的基础上设计的：通过游戏学习、共同建立友谊、培养慷慨心怀及成为永远的良朋益友。

以下是四个班级中的两个班级的活动快讯：

意乐班 - 为了表达对彼此的关爱，老师们组织了一场亲子互动活动，由孩子们亲手

制作花艺，家长们则为孩子写了一封情书。

菩提班 - 通过攀岩活动，更加了解并接纳自己与他人。从这次体验式学习活动中，他们学习了如何提高勇气和克服恐惧。额外的好处是，孩子们彼此之间都玩得特别开心！

在此，特别向佛法儿童班的老师、学生和毕业生们致敬：今年我们15 岁了！

Dharma Junior
VALUE ON

The Socket Pirates

# Youth Leagues
# 青少年联盟

In line with the SAIL programme, Youth Leagues continues to plan sessions where the youth participants can have the opportunity to have many heartwarming experiences together through experiential learning, be it during their weekly Saturday sessions or during camps.

One of the memorable events was last year's 3D1N Camp Inside Out: Quest for Happiness where they learnt more about the Four Noble Truths through experiential learning. This year's '24-hour with Us' orientation programme was equally unforgettable as they had the chance to form bonds with one another through games and went on a special night walk to Old Changi Hospital with Rinpoche. They had a lot of fun and made unforgettable memories with one another.

During this year's Vesak Day, the youths also took charge of one of the food stalls and the youth information booth. There was even a surprise performance by several youths who wanted to enliven the atmosphere and make an offering through music. Without much experience in performing, they were extremely courageous as they went on stage to sing!

We look forward to more of our youths blossoming into confident and beneficial members of society!

根据 SAIL 计划，青年团继续策划活动，让青年参与者在每周的周六或是在集训营期间都有机会通过体验式学习，共同创造温馨动人的回忆。

其中一项令人难忘的活动是去年的三天一夜的 Camp Inside Out 露营。盟友们通过体验式的学习，了解到更多关于四圣谛的知识。今年的“24 小时与我们在一起”迎新活动同样令人难忘。盟友们有机会通过游戏加深彼此的感情，并与仁波切一起在夜间步行前往旧樟宜医院。大家共同度过乐既开心，亦难忘的时光。

今年卫塞节期间，青年们还负责管理一个小吃摊和青年信息亭。甚至还有几位年轻人呈现让人惊喜的表演。他们鼓起了极大的勇气，上台演唱为佳节助兴，同时献上音乐供养。表演经验尚浅的青年朋友们能敢胆上台献唱，真是勇气可嘉！

我们期待更多的青少年，能绽放成具足自信、利益社会的有心人！

佛慈遍照普欢庆

KALLANG WAVE

FORT SILOSO

# Adult Courses
# 成人课程

In continuation with our belief to share the dharma with all beings, we organised more classes this year, including ritual practice sessions like the Tibetan Instrument class, Chinese Chanting Class, and Water Bowl Practice sessions.

These Thekchen hearts beat strongly together when they came together to offer their practice during our montly Guru Puja and various Chinese chanting sessions during Qing Ming and Ullambana.

为了延续我们弘扬佛法的信念，今年我们开办了更多的课程，包括各种仪轨的修法课程，如：藏传法器仪轨班、华语法器念诵班和供水碗修法课课程等。

学成后，学员们均集聚在每月的上师荟供、清明法会和盂兰盛会期间的各场念诵活动中实践所学，以此将大乘之心强烈地体现出来。

EXIT

# Visiting Masters
# 到访大德

We are deeply thankful for the visit of two great masters this year – H.E. Kyabje Jhado Rinpoche and H.E. Kuntse Rinpoche. Both Rinpoches have been abbots of Monasteries, with Jhado Rinpoche being the former abbot of Namgyal Monastery (India) while Kuntse Rinpoche is the current abbot of Chuwar Gadhen Drophen Ling Monastery (Nepal). Furthermore, Jhado Rinpoche is one of the main Gurus of Singha Rinpoche.

Their visits blessed us with many precious activities, such as Jhado Rinpoche conducting a fire puja, giving teachings, and bestowing various initiations for us. Similarly, Kuntse Rinpoche also gave special teachings on the life of Jetsun Milarepa and performed pujas for all.

Both H.E. Kyabje Jhado Rinpoche and H.E. Kuntse Rinpoche have been great inspirations to us, showing us the light of the path for all of us and we pray for their long lives and good health for the benefit of all beings. We are grateful for their visits, their kind guidance, and we also cherish their time spent together with all of us. May there be many more of such visits to come!

我们非常感激今年有两位的大德来访 - 尊贵的祜主查多仁波切与尊贵的坤哲仁波切。这两仁波切都非常德高望重，查多仁波切是尊胜寺退居方丈，也是鑫和仁波切的主要上师之一，而坤哲仁波切是尼泊尔则是尼泊尔曲瓦寺的现任方丈。

两位仁波切来访时，皆于本寺举行弘法活动，查多仁波切给大众修持了一场火供仪轨，开示佛法，并亲赐本尊灌顶。坤哲仁波切则给讲述了密勒日巴尊者的生平故事，并给大众修法祈愿。

这两位大德指引了觉醒成佛之道，给了我们极大的启发。祈愿他们长寿安康，继续利益安乐一切有情。我们珍惜彼此相聚的宝贵时光，并感恩他们的来访与慈悲指导。愿仁波切们常来大乘禅寺！

H.E. Kuntse Rinpoche
尊贵的坤哲仁波切

H.E. Kyabje Jhado Rinpoche
尊贵的祜主查多仁波切

# Cultural Exchange
# 文化交流

Besides having classes that caters to all ages, we also opened our doors with a hearty welcome by hosting several cultural exchanges this year!

Ani Dechen, a resident Sangha of ours, hosted a Vesak Temple tour when visitors from the American Women's Association dropped by. Students from Mangala Vihara temple and youths from German European School also came to Thekchen Choling Singapore to discover more about our temple and about Vajrayana Buddhism too.

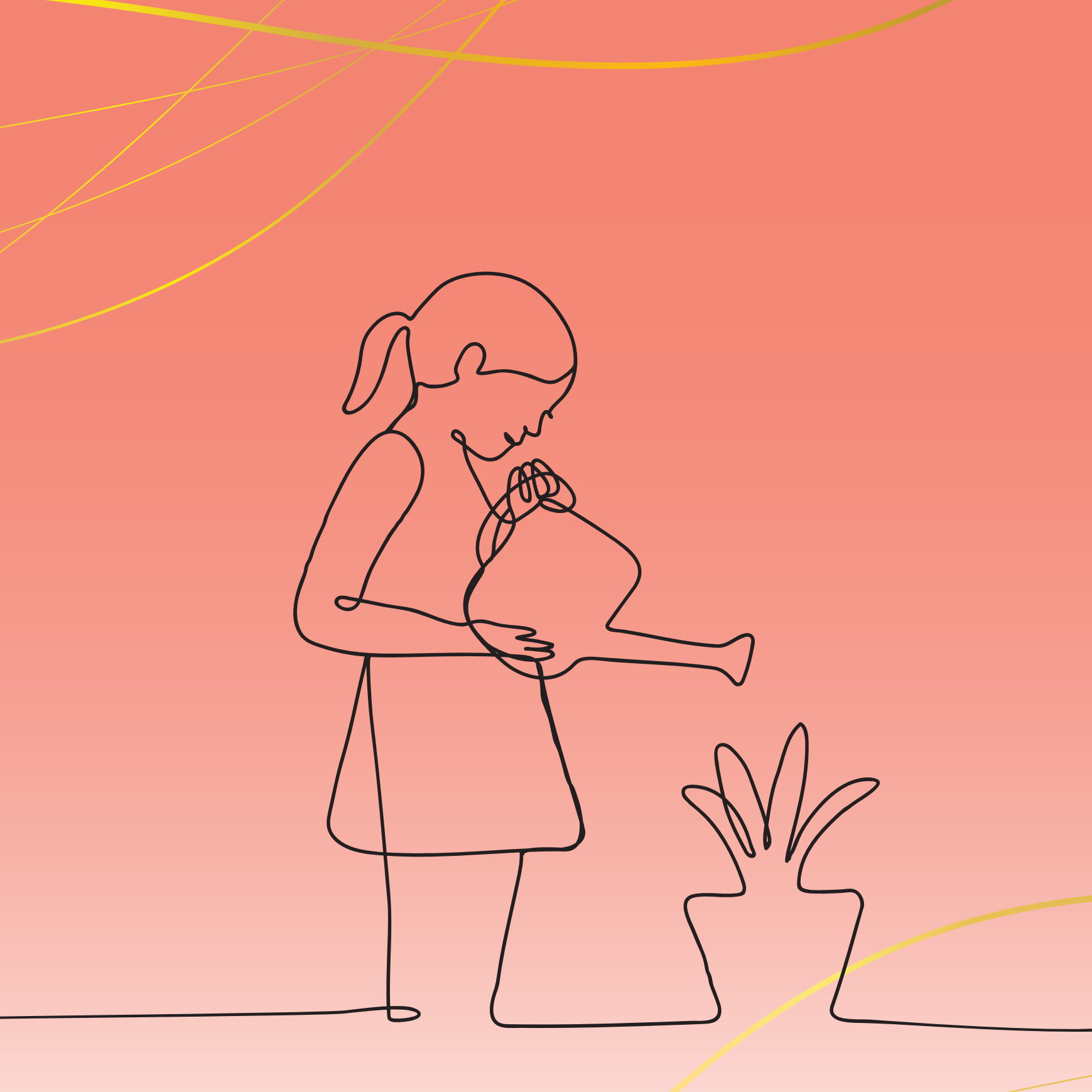
A fun time was had by all, and we look forward to welcoming more of such exchanges! Such is the beauty of living in a multiracial, multicultural, and multireligious society!

除了开设适合各个年龄层的课程外，我们今年也以赤诚的心打开门户，在寺院场地进行文化交流活动。

当美国妇女协会的访客来访大乘禅寺时，法乐法师为访客们主持了一趟卫塞节导览之旅。祝福寺的学生和德国欧洲学校的青少年也来到新加坡大乘禅寺，探索更多关于我们寺院和金刚乘佛教的知识。

大家都在大乘禅寺里度过了愉快的时光，我们期待更多这样的交流！这就是生活在多元种族、多元文化，多元宗教社会的和谐之美！

STOP



# Heart of Giving

# 慷慨心献

# Supporting Communities
# 扶持有需要社群

Thekchen Choling's mission – to empower all with meaningful lives, is at the heart of why we support communities and their causes. We wish to be a helping hand in supporting students and their future, as well as provide necessities for families who need it. Hence, we gave out Bursary Awards to 37 students from various races and religions through the Thekchen Choling Singapore Education Bursary Awards this year, with the support of the Kampong Glam Grassroots Organisations. Other projects we helmed include giving out food necessities to 150 needy individuals and families in Melaka, Malaysia, with the help of Thekchen Choling Melaka, Datok Lwee Wan Tiong, and Happy Charity Association. We would like to extend our deepest appreciation to all our donors who contributed to these causes!

大乘禅寺的使命 - 携手创造有意义的人生 - 是推动我们支持个各社群及各项善举的核心理念。我们愿在莘莘学子的求学道路上帮他们一把，并向有需要的家庭解给予物资上的帮助。因此，我们今年通过新加坡大乘禅寺助学金，资助了37名来自各种族与宗教的学生。此外，我们也将粮食礼包分发给邻国马六甲150户有需要的人士与家庭。感谢马六甲大乘禅寺，拿督雷远忠与快乐慈善协会的热心协助，也感激诸位功德主对这些慈善活动的慷慨捐献!

**Medical Care and Peaceful Passing**
**支持医疗与善终**

Being able to live a healthy life is key to unlocking our happiness and potential to benefit more sentient beings. Thekchen Choling extended its support to various organisations for its health programmes this year, including Metta Welfare Association for its Medical Care Programme and Singapore Red Cross Society for its dedication to supporting people's healthcare. Besides medical care, Thekchen Choling also places great importance on people having a dignified passing during their end-of-life memorial services. Funds were raised for donations towards Cheng Hong Welfare Service Society, which supports people's afterlife memorial services by providing pro bono funeral and bereavement services regardless of race or religion.

健康身心是一把钥匙，带我们通往快乐人生，打开造福人群的潜能。大乘禅寺今年护持慈光福利协会、新加坡红十字会等慈善机构的善行，为医疗保健事业尽一份力。另外，大乘禅寺愿意帮助人们依据自己的意愿，得到妥善的后事安排，实现人生最后的尊严。因此，我们也为众弘福利协会筹集了善款，扶持该协会不分种族或宗教，为有需要的人士策划与安排后事的服务。

## Animal & Environmental Initiatives
## 护生与环境倡议

Other than helping communities, Thekchen Choling Singapore is also passionate about supporting animal and environmental initiatives, as part of Buddha's love for all sentient beings. Besides our well-known animal blessing night on the Eve of Vesak Day, other special highlights this year include bringing our resident Sanghas to bless the majestic therapy horses at Riding with the Disabled Association Singapore (RDA). To further extend our support, we also donated to RDA and other animal welfare organisations through our Animal Welfare Fund.

As Mother Earth is important to the wellbeing of all beings, Thekchen Choling greatly upholds the causes that benefit our natural environment. Hence, we participated in a re-wilding project with Nature Society (Singapore) in conjunction with our Vaidurya Healing Festival. The objective of 'Re-Wilding' is to establish flora and fauna along the rail corridor of Singapore and to encourage wildlife biodiversity, which is important in preserving the vitality of the natural environment. Thekchen Choling members participated hands-on in the removal of elephant grass and shrubs to prepare the land for future tree-planting efforts.

佛慈广无边，大乘禅寺不仅致力造福人群，对动物及环境的保护也从不懈怠。本寺除了在卫塞节前夕举行人气极高的护生祈福夜，也与常住僧众走访了新加坡残疾人骑马协会，给多匹治疗马送上加持与祝福。为了利益动物朋友，我们从护生基金拨款支持新加坡残疾人骑马协会与数家动物福利组织。

由于大地之母关系到世间万物的福祉安康，大乘禅寺相当重视利益自然环境的事业。今年与药师琉璃光盛会期间，我们也参与了由新加坡自然协会发起的还野计划活动。还野计划的宗旨，是在铁路廊道庞种植本土树木等，以维护新加坡的生物多样性，及本土自然环境的活力。大乘禅寺成员们亲自参与了除草阶段的活动，为接下来的植树阶段做好准备。

## Dharma Preservation Efforts
## 护持佛法的传承

Dharma Preservation is a key part of Thekchen Choling's purpose to continue benefitting future generations to lead meaningful lives. This year, Thekchen Choling has raised funds for donation towards several organisations including Sera Jey Tsawa Khangtsen and the Nepal Buddhist Gelug Association. This is to support their operations in their efforts to propagate the dharma for all beings. We rejoice and are grateful for their efforts to preserve Buddha's teachings!

继承与发扬佛陀教法是大乘禅寺造福世代所坚守的承诺。今年，大乘禅寺筹集善款捐赠若干佛教机构，其中包括色拉杰扎瓦康村与尼泊尔格鲁佛教协会。愿通过支持这些道场的运作，能成为鼓励他们继续弘法利生的助力！

# Beneficiaries Which We Support in 2023
# 我们今年支持的受惠群体

**Singapore 新加坡**

Kampong Glam Community Club
甘榜格南民众俱乐部

Thekchen Choling Singapore Education Bursary Awards 2023
新加坡大乘禅寺2023年度助学金

Save Our Street Dogs - Singapore (SOSD)
拯救流浪狗协会

Natural Society (Singapore)
新加坡自然协会

Riding for the Disabled Association of Singapore (RDA)
新加坡残疾人骑马协会

Animal Concerns Research and Education Society (ACRES)
关爱动物研究协会

National Parks Board Garden City Fund
新加坡国家公园局 - 花园城市基金

Singapore Red Cross Society
新加坡红十字会

Kwong Wai Shiu Hospital
广惠肇留医院

Geylang East Home for the Aged
芽笼东老人之家

Cheng Hong Welfare Service Society
众弘福利协会

HCA Hospice Care
HCA慈怀护理

Singapore Cancer Society Hospice Care
新加坡防癌协会慈怀护理

Metta Welfare Association Medical Care
慈光福利协会医疗服务

Metta Hospice Care
慈光福利协会安宁居家护理中心

Singapore University of Technology and Design (SUTD)
新加坡科技设计大学

National University Singapore Buddhist Society
新加坡国立大学佛学会

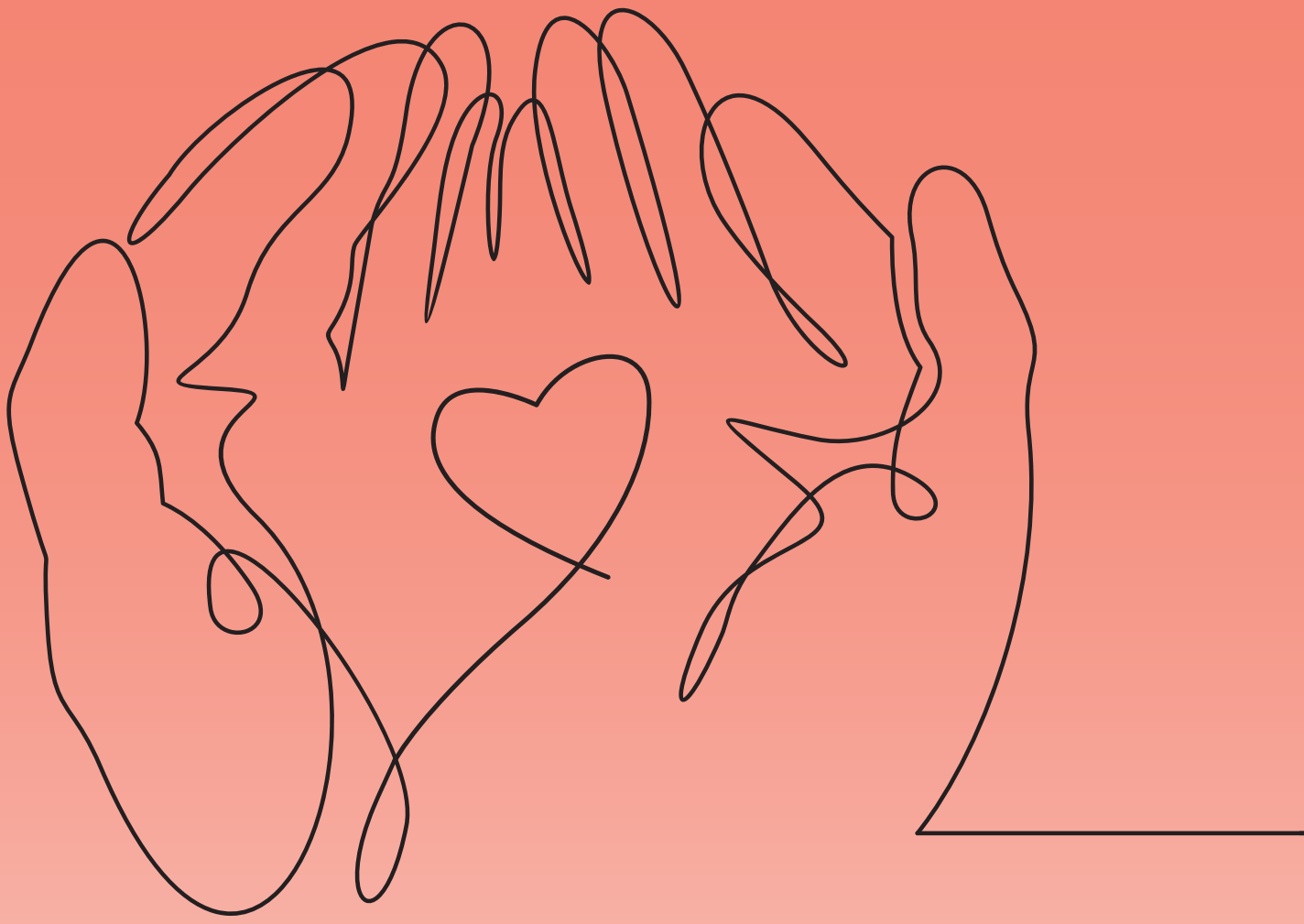
Nanyang Technological University Buddhist Society
南洋理工大学佛学会

**International 国际**

Sera Jey Tsawa Khangtsen
色拉杰扎哇康村

Nepal Buddhist Gelug Association
尼泊尔格鲁佛教协会

Poh Teck Tung Foundation (Thailand)
华侨报德善堂(泰国)



# Heart of Gratitude
# 感恩心怀

# Gratitude to Singha Rinpoche
# 感恩鑫和仁波切

These are the messages of gratitude from the community of Thekchen Choling Singapore for our spiritual guide and father, Singha Thekchen Namdrol Rinpoche.

新加坡大乘禅寺大家庭的成员们，在此向我们的修行依归，恩师慈父，鑫和大乘南都仁波切表达最真挚的感谢。

Dearest Shifu, the kindness of a Guru who illuminates the path to enlightenment is unbelievable. Mere words cannot suffice in expressing our deep gratitude.

You who appear as Lord Manjushri, reveal the truth of dependent-arising for us to realise the reality of all phenomena so that we might rise above it. You who appear as Lord Avalokiteshvara, move us with your unwavering love and compassion, turning our minds to Bodhicitta – the source of all happiness and success. You who appear as Lord Vajrapani, demonstrate incredible power to subdue the eight worldly concerns and to tame our minds. Our Lord Vajradhara, please stay with us and protect us until samsara ends.

Precious Guru, may your life be long and stable, and may your activities increase! Please grant us your blessings that the manifested guru and disciple in our conceptual minds will dissolve into space, and from there, arise as a wish-fulfilling jewel to best connect with and benefit all beings. May all be auspicious!

敬爱的师父，
您为我们照亮觉途的深恩盛德，真不可思议，
我等佛子众，感恩图报的心情亦难以言表。

您示现文殊菩萨，揭示缘起性空真实相，让我等超越世间诸法。
您示现圣观世音，以慈悲转凡心为菩提，一切安乐成就之泉源。
您示现执金刚手，以坚固心治世间八法，降伏我等散乱妄心念。
祐主金刚总持尊，请您加护与我等同在，直至生死轮回的尽头。
珍贵的大宝恩师，愿您法体安康久住世，愿您佛行事业恒增盛！

祈请赐加持，
令我等由虚妄所生的师徒执相，皆化为虚空，
由空中现出，感应有情利益众生之如意宝！
愿一切吉祥！

# Gratitude to Singha Rinpoche
# 感恩鑫和仁波切

Thank you for giving us the precious nectar, your teachings. May you live long to continue guiding us, looking after us.

**- Tyler Tan**

Thank you shifu that your teaching that gave me the power to move on when the tsunami hits me.

**- Evelyn Yap**

Thanks 师父 for your guidance and teachings to all your disciples and students. Would like to express our deepest appreciation and sincere gratitude to you.

**- Sheila Sim**

Dear Rinpoche, thank you for leading us in the path of Dharma practice to be a better person. You showed how it is to connect with people with compassion and that we can be bodhisattva to cultivate the same. And I aspire to treat others with compassion.

**- Chloe Tan**

Your presence and teachings has made a great positive difference in understanding life and its challenges rregardless of the distance. I pray may your teachings flourish far and wide in boundless abundance touching everyone's life for the greater good and enlightenment of self awareness. Thank you Sangyumla for your wisdom and listening ear when I was confused and alone. Please live a long, stable and healthy life.

**- Thubten Pema Easwari Thamilselvam**

Thank you Rinpoche for being my spiritual leader and guru. The temple has served as a safe space for me to learn about the dharma and for me to grow up to become the individual that I am today. I have created and forged many wonderful memories and relationships that I cherish dearly and it would not have been possible without Rinpoche

**- Jude K.**

Thank you Dear Guru for always keeping me in your heart, thoughts, prayers, being here for me always no matter the distance, supporting and guiding me till enlightenment.

**- Stephanie Tremeaud**

I feel blessed in taking refuge this Vesak Day thru' Singha Rinpoche. Thank you for your thoughtfulness in organising the Dharma Teaching. Listening the weekly Dharma teaching was a enriching learning as it conveys the message of our old self (unawakened self) and it assists us to awaken our thoughts to be a better self. Looking forward to more of your inspiring Dharma teaching.

**- Caroline Ng**

gratitude for
singha rinpoche
guide and teaching
for discipline to
train our mind

**- Lim Peiyi**

I am grateful to dear Rinpoche for his kind support and guidance, his endless compassion and warmth. He showed me the path where I am always guided and guarded by him even thousands of miles away, I can feel him in my heart.

**- Tunde Radai**

Dear Rinpoche, Your wisdom and teachings are like a beacon of light in the darkness, guiding me on the path to enlightenment and transforming my life. I'm grateful for the time to teach me about bonesetting. I hear you and will embark further to impact and help others with my healing hands, thrive and connect the divine.

**- Aloysius Lim & Yvonne Yeo**

Thank you for teaching us commoners how to understand Buddhism in different angles & giving us a place (TCCL) to go to when we want to pray to Buddha.

**- BL Chew**

Shifu has always been my pillar of light and support that I'm always deeply thankful for. Thank you Shifu for always being here for me and for all of us! Your love is boundless like the sky.

**- Leong Jia En**

感恩有您。

**- Mandy Liyaw**

# Gratitude to Sangha
# 感恩僧众

These are the messages from the Thekchen Choling Singapore community expressing their gratitude for the ordained Sangha members of the temple.

新加坡大乘禅寺大家庭的成员们，在此向本寺全体僧众表达最真挚的感谢。

To our dearest Sangha in Thekchen Choling, we sincerely appreciate and recognise your tireless efforts to be there to support and guide those in need. As our object of refuge, your presence alone upholds the spiritual sanctity of our temple. As the selfless one who chose to renounce worldly pursuits to devote oneself fully to the dharma, you are a walking inspiration for us to uphold the Buddha's teachings. To venture on a path of continuous growth without support is not without its difficulties, so thank you for being the support for us as we journey to this path to Enlightenment. To the noble guardians of Thekchen Choling, we express our heartfelt gratitude to you.

敬爱德大乘禅寺僧众们，我们由衷感动感激您不畏艰辛的付出，去引导与扶持需要帮助的人。作为大众皈依的对象，您常住持守佛陀教法，使寺院更添殊胜光辉。您誓愿出离世俗追求，全心投入佛法的精神，启发我们要维护正法。在心灵成长的道路上，若少了同行友伴扶持，将是何其间距与孤单。因此，感谢您在成佛的道路上所给予的扶助。大乘禅寺的守护者，我们真心感谢您。

Geshe Jigme 格西济美

Lama Phuntsok 喇嘛朋措

Ani Chodron 法亮法师

Ani Dechen 法乐法师

Ani Chokyi 法喜法师

Ani Kunsang 法贤法师

# Gratitude to Sangha
# 感恩僧众

Thank you for your continued support in daily temple prayers and prayers for all who come to temple irregardless of their background.

**- Thubten Pema Easwari Thamilselvam**

My sincere appreciation to Anila & Sangha for organising daily morning prayers for devotees and organising how to do daily prayers and how to do prostration classes. It is very beneficial for new devotees. Thank you for your dedication. You are awesome.

**- Caroline Ng**

Dear Sanghas, Thank you for your wisdom and guidance. You help us to see our strengths and connect with each other. I am grateful for your time and support of my dharma practice. I always enjoy you all chatting with me and sharing your knowledge.

**- Aloysius Lim & Yvonne Yeo**

Thank you to all as you are our pillar when we are stuck at which road to choose .

**- Evelyn Yap**

Thank you for all your support to our temple, to us and all your powerful prayers.

**- Stephanie Tremeaud**

感恩有您們。

**- Mandy Liyaw**

Thanks Sangha for doing the temple activities. Would like to express our deepest appreciation and sincere gratitude to you.

**- Sheila Sim**

I am grateful to the support, kindness and compassion, treating everyone the same and kindly guiding us to be better practioners.

**- Tunde Radai**

I'm really grateful for the love, kindness and support that all the anilas and sangha members have shown me during this difficult period of time when I was not feeling well.

**- Leong Jia En**

师父们天天如意佛法永传。

**- Tan Chan Kiat**

Thank you Anilas and the Sangha for making the environment in the temple lively.

**- Tyler Tan**

Your words of encouragement and empathy have given me strength to battle with my illness. Thank you!

**- Chloe Tan**

Thank you for the efforts to chant daily prayers and conduct pujas for those who need them.

**- BL Chew**

# Gratitude to Board Members and Staff
# 感恩董事与工作人员

These are the messages of gratitude from the community of Thekchen Choling Singapore for our Staff and Board members:

以下，是新加坡大乘禅寺成员们给全体员工及董事会成员的感恩寄语。

Thank you to the staff of Thekchen Choling Singapore for continuously working hard and tirelessly so that the temple can continue its operations all year round. Without your efforts, the temple would not be able to serve as many sentient beings as possible. If the temple is the heart, then the staff is like the electric impulses that enable the heart to continue to beat for many future generations to come, and we are very grateful for such a dedicated team.

The same goes for the Board members of Thekchen Choling Singapore – we are thankful for the protection, guidance, and support that you have always provided as a strong sturdy pillar in the background of the temple's activities. May the staff and Board members' activities continue to flourish for the benefit of all sentient beings and be lamp that ignites the light of wisdom and Enlightenment!

感谢新加坡大乘禅寺的工作人员坚守岗位、不辞劳苦，以确保寺院能全年开放运作。有赖于您的努力，寺院才能发挥最大的利益，去造福更多的芸芸众生。若将寺院比喻为心脏，那工作人员就是电脉冲，让心脏跨时代地继续跳跃，而我们有幸能有这样的团队在用心奉献。

同样地，新加坡大乘禅寺的董事会成员们，我们感激您的守护、引导与支持，为寺院各项活动的强而有力的后盾。愿董事会及职员们的事业继续蓬勃增长，利益一切有情，作照世明灯！

中秋
联欢晚会
MID-AUTUMN
HOMECOMING
CELEBRATION
DINNER

葛厚仪
大乘禅寺卫塞节筹委会主席
护生的范围其实很广

CONNECT
ALL

# Gratitude to Board Members and Staff
# 感恩董事与工作人员

感恩有您們。

**- Mandy Liyaw**

Thank you to everyone their warmest regards when I am dealing with difficult times.

**- Evelyn Yap**

I am thankful to all temple staff for your service, hard work, and dedication to our temple community. Especially Cecilia and Sherry's dedication and your welcoming had magnetized us to an environment we now call our second home. I appreciate your attention to detail and your commitment to making our temple a place where everyone feels at home.

**- Aloysius Lim & Yvonne Yeo**

Thank you for your patience and dedication support whether it is online or on-site counter.

**- Caroline Ng**

Thank you to all staff for making it possible to be able to attend virtual prayers and teachings. In particular to Sherry for responding to my queries irregardless of the time and day. I'm grateful for your patience. Thank you Debbie for reminding me that I'm remembered and loved despite being away in Ghana.

**- Thubten Pema Easwari Thamilselvam**

Thank you for the immerse effort to be there and supporting the temple with a precious gift of their time and presence.

**- Tunde Radai**

师兄们快乐安康感恩
你们的服务 。

**- Tan Chan Kiat**

Would like to express our heartfelt thanks to all Staff that work together and provide support in temple.

**- Sheila Sim**

Thank you to the staff for always benefitting all of us and all sentient beings by working tirelessly day in and day out!

**- Leong Jia En**

Thank you to Winnie for your patience with me and helping me to process my Dharma offerings.

**- Chloe Tan**

Thank you for your tireless and endless work always with a smile, compassion and devotion. Special thanks to Sangyumla also always here to love, support, inspire and guide us and being here for us

**- Stephanie Tremeaud**

Thank you for patiently helping and guiding visitors.

**- BL Chew**

Thank you for providing your service to the public, benefitting us.

**- Tyler Tan**

# Gratitude to Volunteers
# 感恩志工团队

These are the messages from the Thekchen Choling Singapore family to express their heartfelt thanks to the people who are part of this vibrant and caring community.members:
新加坡大乘禅寺大家庭的成员们给这个充满爱心与活力的社群写下了温馨话语，表示温馨的感谢。

To the volunteers of Thekchen Choling Singapore – the dedicated pillars of our temple. Your diligent efforts for the greater good of all are truly amazing and commendable. Having made the choice to offer your service and time to the Triple Gem, the temple and its beneficiaries, and to uphold the dharma despite difficulties, Thekchen Choling is extremely thankful for your support. Without your dedication and hard work, temple events would not have been carried out so successfully. Thank you for your contributions in ensuring Thekchen Choling Singapore is a warm, welcoming and caring home. Thank you for continuing to offer your best to all beings, and may we continue to Connect All with Divine Hearts.

新加坡大乘禅寺的志工们，每一位都是寺院的顶梁柱。您为弘扬大爱、播撒善心所付出的努力值得赞扬。您发心奉献时间精神供养三宝、寺院及所有受惠者，克服困难致力维护正法的举动，令大乘禅寺感激不尽。正因为您的用心与努力，使致寺院的各项活动顺利完成。感谢您的贡献，为新加坡大乘禅寺营造温馨、有爱的家。感谢您继续为一切众生献出您的最好。愿我们继续心系慈爱心。

Walk-in
Registration

DHARMA OFFERING 法喜供养
COLLECTION

# Gratitude to Volunteers
# 感恩志工团队

Thank you to Dharma brothers and sisters who have showed much concern about my health. Really appreciated for keeping me in mind when making prayers dedications. Thank you for making Dharma practice wholesome with your support and accompaniment.

**- Chloe Tan**

Thank you for your kindness to offer assistance to those who need them.

**- BL Chew**

I love the temple community and the warmth that is always present no matter how difficult things may be. I also enjoy the fun that we share together. Thank you TCCL for the love!

**- Leong Jia En**

I am so grateful to be a part of this amazing temple community. Your warmth, kindness, and acceptance have created a safe space for me to learn and grow. Thank you for being my spiritual family and making me feel welcome and loved for me and my family.

**- Aloysius Lim & Yvonne Yeo**

众生健康快乐 无有压力心存感恩 。

**- Tan Chan Kiat**

Thank you for always be here as a family to me and support, no matter the distance

**- Stephanie Tremeaud**

感恩有您們。

**- Mandy Liyaw**

I am grateful for all members of our commubity to be always supportive, where I never feel alone, always warmely welcomed and treated with pure kindness, respect and warmth.

**- Tunde Radai**

Thank you to the support from dharma brothers and sisters that during my difficult times I can carry on my life without any mishaps.

**- Evelyn Yap**

Thank you everyone for being present in every event conducted by Temple. Contributing to the positive vibe, family like and safe environment to rejoice in.

**- Thubten Pema Easwari Thamilselvam**

My sincere appreciation to Dharma brothers & sisters for organising Dharma classes. It was indeed an enriching learning journey for me. Looking forward to more such learning classes.

**- Caroline Ng**

Thanks for providing a clean and bright environment for us to practice our Dharma. Appreciate all your kind services and efforts.

**- Sheila Sim**

Thank you for providing a space for people to learn and spread the dharma

**- Tyler Tan**

# Volunteer Star Awards
# 志工红星大奖

Thekchen Choling Singapore held its very first Volunteer Star Awards on 29 September 2023! The awards were presented on 29 September in conjunction with our Mid-Autumn celebration and volunteer appreciation night, “Moonlight Serenade 2023”. The purpose of the award is to recognise the efforts of our volunteers while also having fun. The award names were the result of a poll of 16 questions that was done with the Staff and Sangha. These 6 awards were chosen based on what the staff thought was most suitable for the volunteers.

新加坡大乘禅寺于9月23日举行了首届【志工红星大奖】颁奖典礼。此活动配合本寺中秋节志工感恩【中秋夜游2023】举行，旨在认可志工朋友们的贡献，同时注入趣味性的元素。获奖者名单来自僧众及工作人员参与的16题问卷调查。这六个奖项都是由工作人员考量志工们的才华而设的。

## The Energizer Bunny Award
## 【超能量兔奖】

For the volunteer who never seems to run out of energy and keeps going and going, no matter how tough the task.

鼓励嘉奖无论任务多么艰巨，都能能量满格继续前行的志工。

**– Joshua Tan 陈敬政**

## The Dance-In-the-Rain Award
## 【雨中作乐奖】

For the volunteer who brings joy and spontaneity to every situation, even when it is pouring rain.

鼓励嘉奖在风雨或各种情况中，能自发带给人们欢乐的志工 。

**– Adam Lim 林子贵**

## The Guan Yin Ma Award
## 【观音妈妈奖】

Celebrate a volunteer who consistently displays empathy, kindness, and a caring attitude toward those they serve, making a genuine difference in people's lives.

鼓励嘉奖在服务他人时表现同理心与关爱，感动人生的志工。

**– Janice Yong 楊丽珠**

## The Social Media Guru Award
## 【社媒大师奖】

Recognize the volunteer with the most "likes", "shares", and "retweets" for their efforts in promoting the organisation online.

鼓励嘉奖热衷于通过社交媒体点赞、转发等宣传本寺的志工。

**– Chris Zhou 周美婷**

## The Zen Master Award
## 【佛系大师奖】

For the volunteer who remains calm and composed, no matter how chaotic the situation.

鼓励嘉奖在混乱的局面中仍保持临危不乱、沉着面对的志工。

**– Desmond Siak 石亮彬**

## The Rising Star Award
## 【明日之星奖】

Highlight a newcomer or young volunteer who has shown great promise and enthusiasm. This can encourage and motivate young volunteers to continue their efforts.

鼓励嘉奖展现潜力与热诚的新晋或年轻志工，一同继续向前。

**– Aloysius Lim 林文强**

# Heart of Transformation

# 心之动向

# Chairman's Message: Leaving a Legacy for Future Generations

# 主席献词：给后世留下无上瑰宝

Tashi Delek everyone! Greetings and I hope this message finds you in good health and in the best of all conditions.

As I reflect on 2023, I find that it has been a year of many events – some hectic, some cheerful, some challenging, some painful...in fact some will say, that's life! We all face such events at every stage of our lives. Personally, I faced the reality of impermanence at work, in friendships, health, and even down to each breath I take. All these events remind me to smile and cherish all the good and extend a helping hand whenever possible.

If I pause and look at Thekchen Choling Singapore, the activities Team Thekchen's leaders, staff and volunteers curated and are still curating to support the community we have created and are part of, I am truly humbled. The reason for this is that I have witnessed how all this hard work has touched lives and given everyone a chance to reinvent and repivot their choices towards being a beneficial being for others. This is especially so when I learnt my 9-year-old goddaughter Beatrice, who attends Dharma Junior, made the choice not to be lazy and was resolved to do better academically so that she and her sister might enjoy more game time at home. Another example of a successful programme is when I see the teenage youths of temple having more opportunities to step up as caring leaders to guide the younger ones. Their bright smiles also bring me joy. My adult dharma brothers and sisters look more upbeat, and have improved family and work relationships.

These are the result of the choices they all made after experiencing the Buddhadharma in action led by Team Thekchen, guided by Singha Rinpoche and Khandro Lhamo (Emmeline Ang). The programmes focus on the fundamentals of looking after one's mental wellbeing which will lead us to a caring, sharing and loving community. As a Buddhist, these foundations will then prepare us for our next life while also ensuring that we can leave something behind. But how we want to leave a legacy and what we want to do now to pass down the values we hold dear to the next generations all starts with us and our choices.

This idea of leaving a legacy came about after Singha Rinpoche's teachings on Ullambana Day which left a deep imprint in my mind. We are what our elders taught us. We learned through their examples of speech, action and thoughts. We are the outcome of what our ancestors have passed down to us through the generations. We will be others' ancestors soon too. What will we be passing down?

We are all part of our community at large and every single person matters. Let us evolve and work together to pass down the values that will lead to a more compassionate, loving and wise community. Thekchen Choling will continue to be the anchor for generations to come, co-existing with all regardless of race, religion and beliefs. As such, it is important that the structure of the temple residing at 2 Beatty Lane, Singapore, is repaired and refreshed so that it is to serve all and be the legacy we leave behind. This structure houses Team Thekchen's activities, hopes and dreams. It enables us to carry out our mission of Empowering All to Have a Meaningful Life! We are walking a journey together as we cultivate the Buddhadharma, and we welcome all to join us in making a difference for ourselves and others.

Thank you all in Team Thekchen – staff, volunteers, and devotees – for the dedication, care, joy and love extended to anyone and everyone who steps into Thekchen Choling, be it in Singapore, Kota Tinggi, Melaka or Syracuse. And to our friends and followers online on Facebook, YouTube, TikTok, and Instagram, we feel your presence!

Let us all journey on together to leave behind a legacy!

With hands folded in respect,

**Joanne Hau**
Chairman
Thekchen Choling Singapore

大家吉祥如意！向您问好！愿您在阅读此文时平安健康，一切如意。

回望 2023，感觉上是个多事之秋，许多事情接踵而至 - 有忙碌、有愉快、有挑战，亦有伤痛 ..... 总会有人说，这就是人生吧！在我们人生的每个阶段里，总会经历这些事情。就我个人方面，我的工作、友情、健康，甚至我呼吸的每一口气，都在向我展现世事无常的现实。这些事，都在提醒我要记得微笑，珍惜美好，要力所能及地向他人伸出援手。

当我片刻回想新加坡大乘禅寺的这一年，大乘团队的领袖、职员及志工们已开展还有正在开展种种活动，都是为了扶持这个由我们创建并归属的这个社群，这让我感到谦卑。原因是，我亲眼目睹这种种的努力是如何感动生命，给予重塑人生的机会，作出决定让生命重心转向以利益他人为要义。

尤其是当我得知佛法儿童班的9岁的义女璐萱，选择不再懒散并立志在学业成绩上求取进步，以争取自己和姐姐在家有更多的游戏时间，这让我动容。另一个成功的例子是，当我看到寺院里的青少年有更多机会关怀、指导幼小的师弟师妹们的时候，他们脸上的笑容让我心生喜悦。我的同辈师兄师姐们看起来个个神采奕奕，家庭关系与工作关系等方面都大有起色。

这些都是在鑫和仁波切与桑雍拉姆（陈诗意）的领导下，随着大乘团队一起体验佛法的实践后，所作出的决定而得到的结果。寺院的种种活动都是在维护精神健康的基础上推出的，带领我们营造一个关怀、分享、互爱的群体。对佛教徒而言，这些基础也将会让我们能够更好地为来世做好准备，并同时确保我们能给下一代留下些什么。然而，我们要如何为后世之人留下瑰宝，我们要如何向下一代传递我们尊为至宝的价值观，这一切是从我们做的决定开始。

传世瑰宝的概念，来自鑫和仁波切今年于盂兰盆节的开示。这堂课的内容在我的心中留下了深刻的印记。我们是长辈们教出来的成果。他们的言语、行为和思想所展现的一切，都成了我们效仿的例子。这也就意味着，我们祖先世世代代传承下来的教导，塑造了今天的我们。那么，我们即将成为其他人的祖先了。我们会传承些什么给下一代呢？

我们每一个人，都是一个更庞大的社群中的一份子。每一个人都很重要。让我们一起成长，同心协力，给下一大传承能够造就更慈悲、更关爱、更理智的社会所需的价值观。在未来的世代，大乘禅寺将继续坚守这样的信念，跨越种族、宗教与信仰的藩篱，和谐共存。为此，对目前位于新加坡美智巷2号的寺院实体建筑进行维修与翻新，是重要且必行的。这所寺院，将会是我们留下的传世瑰宝，奉献一切众生。这钢骨水泥的结构所支撑着的，是大乘团队的活动、希望与梦想，让我们实现“携手创造有意义的人生”的伟大使命！我们在修持佛法的道路上同行，也欢迎更多的人与我们结伴而行，一起为自他的人生创造改变。

由衷感谢大乘团队的每一个成员 - 职员、志工及信众们。感谢您所发挥的用心、关怀、爱和喜乐，感染了每一个及任何一个踏进大乘禅寺的人。无论是新加坡、哥打丁宜或锡拉丘兹，皆是如此。当然，还有所有在线上关注我们的，在Facebook 在 YouTube, TikTok 及 Instagram的朋友们，我们我们感受到了你的存在！

让我们同愿同行，缔造传世瑰宝！

恭敬合十

**侯湘琪**
主席
新加坡大乘禅寺

# Expanding With a Mission
# 扩充寺院实现使命

Thekchen Choling is more than just a physical temple. It is a sacred mandala that serves as an open and inclusive community space for all beings, empowering all to have meaningful lives. It is also a sacred sanctuary, providing people with a safe space to seek refuge from life's difficulties.

新加坡大乘禅寺不仅是一座寺院建筑，更是一座胜妙的坛城，作为兼具开明与包容性的社区空间，为一切众生敞开大门，携手创造有意义的人生。这里也是人们的皈依处，为面临困苦者提供庇护与心灵所依。

Our vision is to “Connect All with Divine Hearts”. Because we have this space, many auspicious activities have been completed with the help of everyone coming together. Whatever we have accomplished is due to this divine and heartfelt connection we have with one another in the community. This wish to connect and benefit more beings is something we want to pass down to future generations.

我们的愿景是“心系慈爱心”。正因寺院的存在，许多吉祥的事业在大众群策群力的支持下圆满落实。我们所成办的一切，都是仰赖法亲眷属之间，共同用心维系感情与佛慈的链接。用心广结善缘，行慈普利众生，这样的宏愿是我们想要留给后世的珍贵遗教。

Our temple, a historic structure built in the 1930s, has been serving generations for decades. It now requires substantial renovation to accommodate the growth of our organisation. We aspire to establish a lasting foundation for the benefit of future generations on the path to Enlightenment.

这座建筑始建于1930年，数十年来已造福了几代人。随着本寺成员不断壮大，这座历史建筑需要进行一番重修，方能提高其适用性。我们立志要以这所寺院作为恒久的根据地，利益未来追寻正觉之道的世世代代。

This newly renovated space will feature an expanded teaching hall for all to seek solace and personal transformation. It will be a place where we can gracefully navigate life's journey, and a sanctuary where we can continue to express gratitude and repay the kindness of our dearly departed loved ones.

重修后的大乘禅寺，将呈现更宽敞的大雄宝殿，作为礼佛、闻法、扭转人生的道场。在岁月的流转中，寺院是一处沉淀心绪、静观世间的清凉地，让我们对已逝的至亲，心怀孝悌感恩。

Scan this QR code to find out how you can support this precious legacy for future generations:

敦请扫码了解如何护持本寺缔造这座利益世代的传世瑰宝：

# Mid-Autumn Homecoming Dinner
# 中秋联欢晚会

We are grateful for the joyful Mid-Autumn Homecoming Celebration Dinner that we held on 8th October. It was a heartwarming scene being able to see many dearly missed faces after a long period of pandemic restrictions.

The night was also filled with laughter from the bubbly performances and emceeing given by Ryan Lian and Xixi Lim! Many cherished Thekchen Choling memories were also recollected with beautiful pictures and videos.

A special highlight of the night, was a performance by representatives from our Youth Leagues, singing songs that touched our hearts. It is the value we see in the true potential in our youth that strengthens our conviction to preserve our temple for benefiting our future generations!

Thank you once again for supporting and coming together again for our Mid-Autumn Homecoming Celebration Dinner! Looking forward to our next festive reunion!

【中秋联欢晚会2023】于今年10月8日举行，感谢各位的热烈支持！这是本寺这几年来最大型的聚会。见到因疫情而许久不见的面孔，大家都难掩喜悦之情，场面感人温馨。

在自带喜感的艺人林茜茜、廖永谊的精彩表演与热情带动下，全场洋溢着一片欢声笑语，节日气氛感拉满！屏幕上展示的照片与视频，也勾起了大家昔日的温馨回忆。

当晚的亮点节目，是【青少年联盟】代表在台上所呈现的歌唱表演，句句歌词唱进了我们的心里。看到年轻一代珍贵的潜力，更坚定了我们的信念，要好好地重修我们的寺院，给未来世代留下福祉！

再次感谢大家对【中秋联欢晚会】所给予的支持与厚爱！期待下次再聚！

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# Heartfelt Sharing: Temple as a Place of Refuge and Community
# 真心分享：寺院是善心凝聚的皈依处

Teo Jiarong has been a part of Thekchen Choling Singapore's community for many years. When the Ashoka Pillars Fund was launched, he decided to contribute. We reached out to him to hear more about his story.

张家荣参与新加坡大乘禅寺的活动已有许多年了。当【阿育王柱基金】正式成立时，他毅然发心捐献。让我们与家荣谈一谈，了解其中的因缘。

**Amrita: Jiarong, thank you for being one of the contributors of the Ashoka Pillars Fund! We would like to find out why you made this decision.**

Jiarong: To me, Thekchen Choling Singapore is both a place of refuge and a place where I feel a sense of community. I have gotten to know many people over the years and eventually became part of this community. Not only that, thanks to the Buddhadharma, I have had many wonderful experiences of transformation in my life. I have learnt to incorporate values of love and compassion into my life. I have also used these values to guide me when giving back to society.

Also, by contributing, it is a form of support for the temple's outreach and propagation of Buddhism which is extremely important to me. It isn't just me who has benefited from it, but my parents and siblings as well. And now that I have a child of my own, I find it even more important to ensure there is continuity in the propagation of Buddhadharma.

**Amrita: Yes, it is certainly important for the Buddha's teachings to have continuity. There are weekly dharma teachings given by either Singha Rinpoche, resident sangha or invited sangha. We also have programmes for the children and youth because they are our future.**

Jiarong: I totally agree! That is why I intend to enrol my son into the Dharma Junior (DJ) programme in the future. I fully believe it is important to impart Buddhist values into a child from young, and the DJ programme starts at 7 years old. I would like to urge everyone to join me in doing our part to preserve and propagate the Buddhadharma. This way, if you have a child and when your child is old enough to learn and form meaningful friendships, there will still be a programme called DJ and Youth for them to be part of. This way, we can guarantee a better future for them.

**Amrita: Certainly! Apart from donating to ensure future generations will have a home, how will you encourage your friends or people around you to support the temple?**

Jiarong: I would like to urge all those who have benefited from the temple and its programmes to give back! Not all of us have the financial means to donate, so giving time and energy is also a way to donate. Volunteering is a great way to support the temple and give back to the community. By helping temple, you can help yourselves and your loved ones too!

Scan this QR code to find our how you can Protect Future Generations with the Gift of Dharma:

敦请扫码了解如何通过阿育王柱基金护持佛法福泽世代:

**法露: 家荣,感谢你成为阿育王柱基金的其中一名捐献者!我们想知道,是什么促使你做出这样的决定呢?**

家荣: 对我来说,新加坡大乘禅寺是我的皈依处,也是让我感受到互爱互助的社群。我在与寺院结缘的这些年来,结识了许多人,也逐渐成为这个社群的一份子。不仅如此,感恩有了佛法,我也觉得自己的人生状态转变了许多。我不仅学习到如何将慈心与悲心融入生活当中,也在回馈社会时对我所学的理念加以实践。

而且,我认为捐献也是一种鼓励,支持寺院的济世活动与弘法活动。这对我来说相当重要。因为,不仅是我本身受到寺院的利益,我的父母和兄弟们也是深受利益。现在,我有了自己的孩子后,更觉得确保佛法的传承与弘扬是相当重要的工作。

**法露: 是的,继承与发扬佛陀教法非常重要。所以,我们坚持每周举行佛法讲座,恭请鑫和仁波切、常住法师客席大德给我们讲法。我们也每年编排儿童与青少年的活动,因为他们就是未来的希望。**

家荣: 我完全赞同!这就是为什么我想要让我的儿子报名参加佛法儿童班(Dharma Junior)。我深信让自己的孩子从小接受佛教价值观的熏陶是相当重要的,而佛法儿童班的课程从7岁开始。我鼓励大家一起,在自己可行的范围内去支持佛法的传承与推广。这样一来,当你有小孩,或当你的孩子已到了学习与结交朋友的阶段,还会有佛法儿童班或青少年联盟(Youth Leagues) 的活动让他们参与。这样做,就是给孩子更好的未来。

**法露: 说得对!除了通过捐献来确保我们的下一代都有个心灵的家。你会如何鼓励朋友或身边的人发心护持我的的寺院?**

家荣: 我会鼓励所有在寺院的活动或课程中得到利益的所有人,以力所能及的方式回馈寺院!不是每个人都有能力去捐款,所以奉献自己的时间与精力也是回馈的一种方式。比如,报名成为志工,就能同时圆满护持寺院及贡献社群的善举。通过帮助寺院,你也是在帮助自己与至亲至爱的人!

# Appreciating Our Benefactors
# 承蒙厚爱

In appreciation of your generous support, we conduct special monthly prayer dedications for our benefactors. Every contribution is a great opportunity for merit accumulation. We rejoice at your merit and generosity to protect future generations with the gift of Dharma.

承蒙您的支持与厚爱，本寺均于每月为诸位功德主举行祈愿回向，每一份捐献都是增长福德的善因。我们由衷随喜您以佛法的献礼造福世代的慷慨之心。

# Acknowledgements
# 鸣谢

# Thank You for Supporting Amrita!
# 感谢大家支持《法露》的出版！

We would like to extend our gratitude and appreciation to our sponsors for this year's Amrita. Without your support, this publication would not have been possible!

谨在此向今年护持《法露》的功德主致敬感恩。承蒙您的倾力支持，此书方得以成功出版！

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# Dedication

# 回向

May the Precious Bodhi Mind
Not Yet Born Arise and Grow
May that Born have no decline
But increase forever more!

As long as space remains,
As long as sentient beings remain,
So do I remain
To dispel the misery of the world.

May anyone who sees, hears or touches this
magazine be free of all suffering and immediately
receives the amrita of the great bliss of awakening!

菩提心妙宝，未生者当生，
已生勿退失，展转益增长。

乃至有虚空，以及众生住，
愿吾住世间，尽除众生苦。

惟愿此书见闻者，乃至触及面底页，
顷刻解脱诸恼苦，大乐法露降加持！

May all beings unceasingly
hear the sound of Dharma
from the birds, from every tree,
from the rays of light, and from the sky.

– Shantideva

愿诸有情众，相续恒听闻，
鸟树虚空明，所出妙法音。

– 寂天菩萨